

Bluefins Lessons News



December 2008



Keeping in contact

As I often mention, we use the following methods to make contact in case of emergency, particular pool closures:

1. email
2. website
3. text message
4. phone call



So if you have a mobile phone or an email address that you access regularly, please make sure I have the details. Your Lesson confirmation letter gives you all the details I have on file – please keep me up to date so that I am able to get in touch when necessary.

Melissa

Those of you who have been with us for a number of years may remember Melissa, a long-time member of our club and a teacher from 2003 to 2006. Sadly, Melissa died on 28th November, aged 21, after a life-long battle with Cystic Fibrosis. Melissa never gave in, despite being very ill for long periods in her life, and was an inspiration to all who knew her. She will be greatly missed and our thoughts and prayers are with her parents, Colin and Jenny, and her sister Lizzie at this time.

Sponsored Swim

As many of you will know, the Cystic Fibrosis Trust is Bluefin's 'pet' charity – largely due to our connection with Melissa; next year's event will be swum



in memory of Melissa and the total sum collected will be donated to the Trust – we normally share the profit between the Club and the Trust. It would be really good to be able to donate a record amount, so please take part if you are able.

See enclosed flyer for more details.

Contacts

Sue (lessons): 01256 418710
Email: sue.lambert@swimbluefins.org

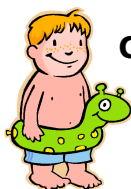
Club Office: 01256 351921 – leave a message and we'll get back to you

Club Website: www.swimbluefins.org

Provisional Lessons Programme from Jan 09

NB times given below may change depending on demand. Some groups may be full already, so if you want to change, it would be best to give alternatives.

Mon	CB	5.00	R	O	Y	G	S	
		5.30	R	O	Y	G	S	
		6.00	O	B	P			
Tue	CB	5.00	R	O	Y	G	S	
		5.30	R	O	Y	G	S	
		6.00	O	B	P			
Wed	CB	5.00	R	O	Y	G		
		5.30	R	O	Y	G		
		6.00	O	B	P			
Thur	QMC	4.00	R	O	Y	G	S	
		4.30	R	O	Y	G	S	
		5.00	B	P				
Fri	CB	6.30	R	O	Y	G		
		7.00	O	Y	G	S		
		7.30	B	P				
Sat	CB	9.30	B	P				
		10.00	R	O	Y	G		
		10.30	R	O	Y	G	S	
		11.00	R	O	Y	G		
		11.30	O	B	P			
Sun	CB	9.30	R	O	B	P		
		10.00	R	O	Y	G		
		10.30	Tadpoles					
		11.00	R	O	Y	G	S	



Crash Course

We are again offering one of our popular Holiday Courses at Cranbourne during Half Term, Monday 16th to Friday 20th February. These lessons will cost just £7.50 for the whole week and will run between 10am and 12 noon. If you would like to book a place, please do so by emailing Sue (see contacts) or fill in the slip below. Places tend to go quickly, especially in shallow end lessons, so don't leave it too late!!

Child's name: _____

Date of birth _____

Contact (email or address)

Level (shallow, middle, deep)

Preferred time (10, 10.30, 11, 11.30)

NB: Requested times cannot be guaranteed.

Keeping warm

As you know, pool temperatures tend to fluctuate at both Cranbourne and QMC, largely dependent on the air temperature around the pool. We recommend that children wear **hats** as a large proportion of heat is lost through the head and most heads are out of the water most of the time. I have a number of Bluefins Club hats available, cost £5 each.

I am also investigation **body suits** intended to keep in the heat. I haven't had much luck so far, but send me an email if you'd like to be kept up to date. I would also recommend that children don't wait for their lesson dressed only in swimsuits – they can bring a **towel** or **track top** onto poolside and remove it just before swimming.

Drinks

It's vital that swimmers keep hydrated during their lesson. If your child is in a Blue or Purple group, he/she should bring a drink bottle (plastic, of course!) to the lesson and leave it at the end of the lane to drink between lengths. The drink must not be carbonated and should be well-diluted. Water is fine, too.



Bluefins is pleased to announce that our Club has now gained Swim21 accreditation at 3 levels – Teaching, Skill Development and Water Polo. This is the ASA's (swimming's governing body) quality kitemark and shows that Bluefins provides safe, effective and quality services for the benefit of its members. So your child is safe with us!

Xmas Break

With the Christmas break almost upon us, I'd like to remind you of the dates for the last lessons:

Mon: 15th December
Tues: 16th December
Wed: 17th December
Thur: 18th December
Fri: 19th December
Sat: 13th December
Sun: 14th December



Lessons begin again on January 5th - please see the enclosed Lesson Confirmation letter for individual start dates next year.

All our teachers and helpers would like to wish you and your family a Happy Christmas and a good New Year. We look forward to seeing you in 2009!!

